

## Every Child Needs To Be Immunized Against These Diseases

**Diphtheria** is a serious contagious illness that has not been seen in the United States in many years due to successful immunization but has shown up recently in other parts of the world.

**Hib Disease** (Haemophilus influenza type B) is the name for a group of diseases caused by a type of bacteria, "Hib," that affects the brain or spinal cord. It spreads easily and is more serious among younger children. The most serious Hib disease is bacterial meningitis.

**Measles** is a very contagious childhood disease and a serious one! It can lead to ear infection or pneumonia, and it can be fatal.

**Mumps** often occurs in late winter or early summer. Serious complications, such as meningitis (swelling of the brain's covering), are possible. However, recovery is usually complete.



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**Polio** is caused by a virus that attacks nerves that control muscles.

**Whooping Cough** (Pertussis) is a very contagious disease that affects the lungs and airways. It's especially dangerous to infants.

**Tetanus** is not a communicable disease, but it is a disease that children need to be immunized against.

**German Measles** is usually a mild childhood disease but can be dangerous for pregnant women and their fetus.

**Chicken Pox** (Varicella) is a very common contagious childhood disease. It is often more severe in adolescents and adults. Although recovery is usually complete, serious complications such as infection of the skin lesions and meningitis can occur.



## Communicable Diseases

**Certain communicable diseases must be reported to the NH Division of Public Health by anyone who observes their occurrence (RSA 141 - C:7).**

- Haemophilus Influenza
- Hepatitis - A
- Hepatitis - B
- Influenza (flu)
- Measles
- Meningitis (aseptic or viral)
- Mumps
- Rubella (German Measles)
- Salmonellosis
- Shigellosis
- Whooping Cough (Pertussis)

**A report of any of the above diseases must be made to the:**

New Hampshire Department of Health  
and Human Services  
Office of Community and Public Health  
1-800-852-3345, extension 4477  
or (603) 271-4477.



## Child Care Health and Safety Information



**For Parents of Children  
in Child Care  
and for  
Child Care Providers  
Who are Not Required to be  
Licensed**

# Health and Safety Checklist

## Nutrition and Meals

- ☐ Are a variety of foods served, including fresh fruits and vegetables?
- ☐ Is drinking water readily available to children at all times?
- ☐ Are the caregiver's hands washed before preparing food and feeding infants and other children?
- ☐ Is the kitchen and food equipment clean?



## Health and Medical Care

- ☐ Have the parents given the caregiver information on how to contact them or another person in an emergency?
- ☐ Have the parents supplied a medical report that indicates the child has been immunized?
- ☐ What is the caregiver's policy on ill children? Most providers will not accept ill children.
- ☐ If medication is to be given to a child, have the parents signed a consent form? Does the caregiver keep a record of medicines given?
- ☐ Is there an emergency plan for each child in case of accident or sudden illness?



## Health and Medical Care

- ☐ Does the home have a first aid kit?
- ☐ Who will provide emergency medical care beyond first aid?
- ☐ Does the child have an individual towel, washcloth, and drinking cup?
- ☐ Does each child have individual bedding for napping?
- ☐ Do caregiver and children wash hands before meals and after toileting?
- ☐ If care involves transportation, does the caregiver use restraints and supervise the children at all times?



## Care of Children

- ☐ Do naps, feeding, and toilet learning fit the child's age and stage of development and the parents' schedule?
- ☐ Are soiled diapers and sheets changed as often as needed? Are disposable towels and wipes used?
- ☐ Are safe, clean individual cribs or play areas available for infants? Are washable cots or mats available for children?
- ☐ Is the changing area washable and sanitized after each diapering? Is the changing area located away from the food preparation area?
- ☐ Are the baby's and caregiver's hands washed after diapering?

